

# Lakenheath - Feltwell Community

## Chapel services

### Catholic services

Daily Mass (Mon. - Fri.) ..... 11:30 a.m.  
 Saturday Mass ..... 5 p.m.  
 Sunday Mass ..... 9:30 a.m.  
 Sunday Mass at RAF Feltwell ..... 11:30 a.m.  
 Religious education classes-Feltwell school cafeteria (Sunday) ..... 10:15 a.m.  
 Religious educational classes-RAF Lakenheath Elementary School (Sunday) ..... 11 a.m.

### Protestant services

Liturgical service (Sunday) ..... 8 a.m.  
 Shared-faith service (Sunday) ..... 11 a.m.  
 Gospel service (Sunday) ..... 1 p.m.  
 Shared-faith service at Feltwell ..... 10 a.m.  
 Sunday school at Feltwell ..... 9 a.m.  
 Denominational - Lutheran Wisconsin Synod (First Sunday each month Feltwell) ..... 1 p.m.  
 Denominational - Assemblies of God Sunday Night Live (Sunday) ..... 6 p.m.  
 Denominational - Grace Bible fellowship (Sunday at Feltwell) ..... 4 p.m.  
 (Wednesday at Feltwell) ..... 7 p.m.  
 Sunday school at Lakenheath Elem. .... 9:30 a.m.

### Islamic services

Islamic Circle ..... Thursdays, 5-6 p.m.  
 For details, call Maj. Laurence Brown at Ext. 2810

### Jewish services

Services are held at the RAF Mildenhall chapel on the first and third Fridays of the month at 6 p.m. The officiating rabbi is Chap. (Maj.) Brett Oxman. Call DSN 238-2822 or (01638) 542822 for details.

### Orthodox (Christian) services

Call Lakenheath chapel at Ext. 3711 for details.

### Buddhist services

For details, call Holly Eller at (01638) 515336.

### For emergency

For emergencies during duty hours call Ext. 3711 or the base command post at Ext. 4233 after duty hours. For information on services in the community, call Ext. 3711.

## Wing quarterly awards luncheon

The 48th Fighter Wing quarterly awards luncheon is 11:30 a.m. Feb. 7 in the officers' club ballroom. Cost is \$8 per person. Attire is service dress for the head table and nominees and duty uniform for others. Call unit first sergeants for more information.

## Wing annual awards banquet

The 48th Fighter Wing annual awards banquet is Feb. 15 at the officers' club. The event begins at 6 p.m. and dinner is at 7 p.m. Attire is mess dress or semiformal. Cost is \$20 per person. For more information, call squadron first sergeants.

## Free cat neutering

The Cats Protection League in Bury St. Edmunds is neutering cats for free in February. For more information, call Ext. 3145 or 3915.

## CGOC meeting

The 48th Fighter Wing Company Grade Officers Council meets at 4:30 p.m. Feb. 14 in the officers' club Suffolk room. For details, call Capt. Patrick Ryder at Ext. 2151.

## HAZCOM training

Supervisors who train people in hazard communication must attend the "Train the Trainer" course. The course is 9 a.m. the last Wednesday of the month. For more information, call public health at Ext. 2235.

## Red Cross volunteers

The American Red Cross accepts appli-

cations today for volunteer dental assistant training. They also seek a chairperson for the RAF Feltwell Elementary School volunteers. Training is provided. For more information, call Ext. 1855.

## Chapel activities

The chapel sponsors a Shrove Tuesday Pancake Supper from 5 - 7 p.m. Feb. 11 in the chapel. The staff accepts egg-dish donations until 5 p.m. the day of the dinner.

The chapel sponsors a free steak-and-potato dinner at 5 p.m. Wednesday. The dinner is open to all dorm residents, families of deployed members and families living in the temporary living facilities.

The chapel Wee Joy program is available for children 6 months to 3 years old. While children attend, parents are free to attend worship services and religious education classes.

For more information about these programs, call the chapel at Ext. 3711.

## Middle Ages ,Renaissance meeting

The Society for Creative Anachronism is a organization that researches and recreates the customs, combat and courtesy of the Middle Ages and Renaissance periods. The local chapter meets at the Rose and Crown Pub in Beck Row the first Thursday of each month. For more information, call Bob Alley at (01638) 532751.

## Girl Scouts

Local Girl Scouts request people pur

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# Family Support

**Contact the family support center staff at Ext. 3847 for information on any of the following programs, or stop by Bldg. 692. All classes are held in the family support center unless otherwise noted.**

## PCS with ease

A PCS with ease seminar is 1 - 3 p.m. Wednesday in the conference room. This class provides departing members with information to ease PCS moves.

## Special delivery

A special delivery program for expectant parents and parents of newborns is 9 a.m. - noon today in the conference room. Topics include an

overview of the book "Your Baby's First Year," a financial presentation on "Budgeting For the New Baby," basic parenting principles, information on building children's self-esteem, communication, effective discipline and redirecting misbehavior. Participants will receive a free bundle of baby supplies.

## Spouses group

The foreign-born spouses group meets from 6 - 8 p.m. today and Feb. 7 in the conference room. This is an educational forum for spouses who are of foreign heritage.

## Teen life group meets

A teen life group meets from 4:30 - 6:30 p.m. Monday at the youth center. The group promotes personal development and

coping skills among teenagers and pre-teens. Topics include self-esteem, handling relationship issues, dating, family communication and more.

## Interviewing workshop

An interviewing workshop is 1 - 5 p.m. Wednesday in the small classroom. This workshop provides training in job interviewing and "dressing for success."

## Gamblers anonymous

Gamblers anonymous meets from 6:30 - 7:30 p.m. Feb. 7 in the conference room.

## Hearts Apart

The Hearts Apart support group meets at 9 a.m. Fridays at the base chapel. This hour-long meeting provides spouses of deployed active-duty members a place to meet with other spouses for support and information. While adults are in

Hearts Apart, the children attend Little Hearts Apart, a program designed for children with a deployed parent. The program covers topics regarding children's feelings about separation. Activities include letter writing, arts and crafts and exploring feelings. Little Hearts Apart runs until noon.

## Information briefing

A newcomers briefing is 8 - 11:30 a.m. Tuesday at the base theater. The briefing highlights the impact personal readiness plays in mission readiness. It also provides newcomer information about setting up finances, dealing in pounds, job searching, using TRICARE and British health services, safely using 220 voltage, recreational services and more.